

Shark NewsUpdate November 17, 2014

Parents Meeting

The Parents Meeting/Potluck Dinner was held on Wednesday, November 12 in the MDI YMCA Game Room. The Sharks Team Handbook, Meet Schedule, November/December calendar and the team registration form were all discussed and are attached and posted at www.mdiysharks.com. If you were not able to attend or if you did and have any questions please feel free to email or speak to the coaches before or after a practice.

First Meet (MDIY Sprint Meet)

The 31st Annual MDIY Sprint Meet was held last Saturday. The swimmers had a great meet and a big Thank You to all that helped out at the meet. The results are posted on the website and the pool bulletin board.

First Y Dual Meet

Our first Y Dual Meet will be this Saturday, November 22 vs Canoe City Swim Club (Old Town). We need all Shark swimmers to swim at this meet. Swimmers need to be at the MDI Y at 11:45am and the meet begins at 1:00pm. Please email or inform the coaches by next Wednesday, November 19 on who will not going to the meet. All swimmers will be assigned to swim in 3 scoring events and some may do a 4th event that is exhibition. If you have any questions regarding the meet please email or ask the coaches. We do need plenty of food for concessions and volunteers for timing, concessions, setup/cleanup and everything else that goes on at the meet. There will be a sign up sheet posted on the bulletin board.

Practice Schedule (week of November 17 – 22)

Green	Mon, Wed, & Fri	4:15 – 5:15pm
	Thurs	5:00 – 5:45pm
Gold	Mon, Wed, & Fri	5:00 – 6:30pm
	Tues & Thurs	5:30 – 7:00pm
WeeSharks	Tues & Thurs	4:15 – 5:00pm
Dryland	Tues & Thurs	5:00 – 5:30pm
AM's	Mon – Fri	6:00 – 7:00am/6:45 – 7:45am
Saturday	Sat	7:30 – 9:30am

Practice Changes this week

We have added a Green Practice on Thursday evening from 5:00 – 5:45pm until the end of December to give the younger swimmers a chance to get some more swimming in. The MDI High School Swim Team and had begun its season. The Trojans will be swimming from 2:45 – 4:15pm Monday – Friday. If the High School practice is cancelled due to weather there will still be a Senior practice at that time.

Touchpads

Thanks to numerous donors for stepping up to help us meet the match for the 3 new touch pads. They arrived last week and we able to use them for the Sprint Meet.

Practices

For the next 2 weeks the Green Team will continue to work on freestyle and backstroke. They will begin to focus breaststroke and butterfly after the Thanksgiving vacation. The Gold team will continue to work on some of the basics of swimming (streamlines, turns and technique) and begin to swim more IM's in practice.

Thanksgiving Week Practice Schedule (Nov. 24 – 30)

Green	Mon, Wed, & Fri	4:15 – 5:15pm
Gold	Mon & Wed	5:00 – 6:30pm
	Tues	5:30 – 7:00pm
	Fri	2:45 – 4:15pm
AM's	Mon – Wed, & Fri	8:30 – 10:00am
Saturday	Sat	7:30 – 9:30am

Facebook/Website

Please check out our swim team website at www.mdiysharks.com or like the Mount Desert Island YMCA Shark Facebook page.

WeeSharks & Dryland

On Tuesday & Thursday evenings, the WeeSharks practice from 4:15 – 5:00pm on Tuesday & Thursday. Dryland training for Swimmers ages 11 and older is from 5:00 – 5:30pm in the pool balcony.

USA Swim Meets

Signup for the Candy Cane Meet to be held in Portland on December 7 is attached and posted in the meets tab on the team website. Registrations for the 2015 Swim Season are now being accepted. The fees are \$62 for an annual membership valid thru 12/31/15) and \$37.50 for a seasonal membership (valid thru March 15, 2015). If you have any questions please email.

Team Store

The team store is open on Monday & Wednesday evenings from 4:45 – 5:30pm and by chance on Tuesday, Thursday & Friday when Debbie Parker is at practice. We have swim caps, goggles, shark stickers, goggle straps and suits for sale. You can also checkout www.swimoutlet.com for more products.

Team Registration

We have a lot of registration forms for the swimmers but are still looking for all of the swimmers/families to have one filled out. They are posted on the team website.

Questions/Problems/Ideas

If you have any questions about the upcoming meets, practices or other concerns please feel free to email sharks@mdiyymca.org and I will reply in a timely fashion.

Quote of the Week

“Believe you can and you're halfway there.” President Theodore Roosevelt